

Water and juice beverages must comply with Section 10-221q of the Connecticut General Statutes (C.G.S) and the USDA Smart Snacks nutrition standards for competitive foods. Water and juice beverages must contain some portion of 100 percent juice mixed with water (with or without carbonation), and cannot contain any added sugars, sweeteners or artificial sweeteners. They must also meet additional requirements, which are summarized in *Requirements for Beverages Containing Water and Juice* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/cf/WaterJuiceBev.pdf). These requirements apply to all public schools, regardless of whether the district implements Healthy Food Certification (HFC) under C.G.S. Section 10-215f.

This list includes products that comply with STATE AND FEDERAL requirements. Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product’s nutrition information to the CSDE. For more information, see *Submitting Food and Beverage Products for Approval* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/SubmitProduct.pdf).

The CSDE's *List of Acceptable Foods and Beverages* is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see *Contact Information for Vendors* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/VendorContact.pdf).

For additional information on complying with the state beverage statute, see *Allowable Beverages in Connecticut Schools* and *Questions and Answers on Connecticut Statutes for School Food and Beverages* on the CSDE Beverages Web page at www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418.

BEVERAGES CONTAINING ONLY WATER WITH 100% JUICE (with or without carbonation)

ELEMENTARY: Portion size limit of 8 fluid ounces
MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

STATE AND FEDERAL REQUIREMENTS FOR BEVERAGES CONTAINING ONLY WATER AND JUICE (G.C.S. Section 10-221q, USDA Regulations and USDA Smart Snacks)																						
								No added sugars	Vitamin C	Calcium	Potassium	vitamin D	Fiber	No other fortification	No nutrition supplements	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No caffeine					
Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g)	≤100%	≤10%	≤10%	≤10%	≤10%	Standard Met?	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review		
80	0	0%	0	0%	0	15	0	19	yes	yes	yes	yes		yes	yes	yes	X	Planet Fuel Beverage	UPC 8 -53316-00208-0. No Case UPC. Does not meet meal pattern requirements for 100% juice.	8/22/13		